

Wholesome Food Preparation Classes

Culinary Coaching for Optimum Health

Would You Like to:

Lose Weight? Have More Energy?
Think Clearer? Feel Emotionally Balanced?



This series empowers us to prepare healthy balanced meals,
Giving ourselves and our loved ones the very best

Simple recipes for delicious dishes on the topics of the week and eating for your blood and body type. 70% of Americans are overweight, especially the children. 90% of foods consumed are empty carbs, sugar, and harmful trans fats, with little fiber and exercise. This combination results in a nation which is 75% overweight yet undernourished, and lacking in energy.

Our diets effect our moods, intelligence, energy and our weight.

Many of us would like to improve our diets. We desire better health and balance in our bodies.

So where do we begin??

Join Anallia, for a 4 week series of educational and delicious food preparation classes

Inspired by Brazilian, Italian, Middle Eastern, Mexican and Chinese cultures

Gain knowledge on how our body works and what it requires for optimum health.

Sample, learn to prepare and take home recipes for simple, fast and tasty dishes

Breakfast: How we begin the day--The importance of Breakfast--our body's clock--How to work in harmony with it.

On the Go Power Shakes to quick hearty breakfasts. Learn about good Proteins, Carbohydrates and Fats. Roots of Diabetes.

Beans and grains: Explore delicious world of nutritious whole grains. Enzymes and Sprouting---Making many meals from one pot each of rice and beans---Ideas to incorporating Vegetables---Innovative Tacos and burritos---Balancing cholesterol

Quick and easy dinners: One Dish Meals--Tasty Salad ideas--Balancing Proteins and Carbohydrates to fit our lifestyle--Food Combining--Hearty Soup Meals---Ideas for Incorporating Vegetables--Vegeburgers --- Eggs and dairy myths busted

Healthy Dessert and Snack ideas : Pick me up shakes--- -Tasty dips make raw verges irresistible--- Easy treats---- Eating for your blood and body type---Yummy Desserts---Maintaining your perfect weight without dieting

Anallia is Hippocrates trained in all aspects of nutrition, adding her Brazilian flavor to her recipes. She specializes in sprouting, and has been sharing classes and private coaching for 25 years

For more information and to reserve a space please call Anallia at (561)839-6414

\$35 per class \$120 for the series